



## HealthQuest

### Wellness Champion Network

### Monthly Webinar

Thursday, January 14<sup>th</sup> - 11:00-11:45 am

## Agenda

- ☐ Welcome New Champions!
- ☐ Leadership Development
  - *With Special Guest Jack Bastable*
- ☐ “Water Works” Challenge – January 18<sup>th</sup>, 2016 – February 12<sup>th</sup>, 2016
- ☐ Nurse24
- ☐ January HQ Seminar
- ☐ January EAP Webinar

## Welcome New Wellness Champions!!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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## For 2016

As a leader and HealthQuest Wellness Champion, what's the one thing or concept that will have the greatest impact on my personal wellbeing and my co-workers?

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# Generosity

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Generosity  
releases  
the  
oxytocin  
hormone

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## Science: Happy and Healthy Life

- ☐ Oxytocin is a hormone that helps relax and reduce blood pressure and cortisol levels.
- ☐ It increases pain thresholds, has anti anxiety effects, and stimulates various types of positive social interaction.
- ☐ Promotes growth and healing.
- ☐ Support one's physical health
- ☐ Enhance one's sense of purpose and naturally fights depression
- ☐ Shown to increase one's lifespan.



## Generosity

- ☐ In my relationships
- ☐ With my resources of time and money
- ☐ With my skills and knowledge
- ☐ In accepting generosity of others



## Resources

- ❑ **How Our Brains Make us Generous** - [http://greatergood.berkeley.edu/article/item/how\\_our\\_brains\\_make\\_us\\_generous](http://greatergood.berkeley.edu/article/item/how_our_brains_make_us_generous)
- ❑ **Oxytocin Hormone** - <http://www.raysahelian.com/oxytocin.html>
- ❑ **Benefits of Generosity** - [http://www.huffingtonpost.com/lisa-firestone/the-benefits-of-generosit\\_b\\_5448218.html](http://www.huffingtonpost.com/lisa-firestone/the-benefits-of-generosit_b_5448218.html)
- ❑ **The Giving Way to Happiness** – <http://psychcentral.com/lib/the-giving-way-to-happiness-stories-science-behind-the-life-changing-power-of-giving/>
- ❑ **Simple Giving** - <http://thirdeyemom.com/2015/10/27/book-review-simple-giving-easy-ways-to-give-every-day/>
- ❑ **Want to Be Happy, Stop Being Cheap** - <https://newrepublic.com/article/119477/science-generosity-why-giving-makes-you-happy>

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## “Water Works” Challenge



**Kansas**  
Department of Health  
and Senior Services  
HealthQuest

# Water Works

## Challenge

January 18<sup>th</sup>, 2016 – February 12<sup>th</sup>, 2016

Goal: 18 activity points

**BOOST YOUR HEALTH**

Stay hydrated! Water is not the only fluid that will keep you hydrated – milk, juice and even coffee provide you with valuable fluid you need.

**WHY IS IT IMPORTANT TO STAY HYDRATED?**

- During all weather, it is important to keep your fluid intake up – regardless of activity level.
- Adequate hydration replaces and maintains the fluid our bodies need to function properly.
- Mild dehydration can impair your ability to concentrate, impair short-term memory, cause fatigue and decrease cardiac output.
- Water helps cushion joints, keeps muscles working properly and preserves skin elasticity.

**HOW THE CHALLENGE WORKS & TO TRACK YOUR POINTS:**

To take part, all you need to do is drink half your body weight in water daily (Example: If you weigh 160 pounds, you'll earn a daily point for drinking 80 oz of water daily). Participants can earn 1 point daily.

Track your activity points online each day at [www.kansashealthquest.com](http://www.kansashealthquest.com) or use the paper tracking form and record later. Be sure to record your activity points by February 19<sup>th</sup>, 2016.

**Goal:** Earn 18 activity points for 5 HealthQuest Credits.

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)




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## Nurse24



Action Plan Progress Rewards Coaching Library

### Coaching

Wellness

Nurse24

Welcome to Nurse24



#### PHONE

Call a nurse at 1-888-275-1205 Option 2.

#### SECURE MESSAGE

Go to your [message center](#) to submit a question.

#### LIVE CHAT

Nurses are available now to answer your questions.

START CHAT

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## January 2016 Seminar Available on the Portal 1/1/16



Action Plan Progress Rewards Coaching Library

### Library

Wellness

Conditions

Pregnancy & Baby

Sort By

All Topics ▾

Library > Tools > Seminars >

### Meal Planning Without the Meat

Seminar · 1 Credit · 12/30/2015 · 🍌 2

Go meatless for one day a week! Learn about cooking vegetarian and vegan meals, how to replace your protein when you eat less meat and how to make the change to your diet in a smart way. You'll find inspiration for meals the whole family will love! Print out this [handout](#) to help you follow along.

<Transcript>

Seminars help you take action to make healthier choices. Plus, you can earn credits! Listen carefully and you'll ace the quiz at the end.

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## **January 2016 EAP Webinar**

**Wednesday, January 20<sup>th</sup>, 2016**

**3:00 p.m.**

### **Mindfulness: Being Present in Your Work and Life**

The idea of mindfulness or being mindful is complete engagement in the present moment. Mindfulness is about waking up to the present moment and paying attention to our experience. Learning mindfulness is not difficult; however, it is difficult to remember to do it. This training discusses mindfulness and how to incorporate its practice into your life.

Register at: <https://attendee.gotowebinar.com/register/8971585344727469313>



## **EAP Monthly Webinars**

- ☐ These monthly webinars provide valuable learning opportunities for growth and personal/professional development.
- ☐ January and February are planned but looking for feedback to schedule the rest of 2016
- ☐ Please review the attached list and submit a topic you would like to see covered in 2016 by January 21<sup>st</sup>.



## Thank You for Joining Us Today!!

Next Meeting is **Thursday, February 11<sup>th</sup>**

✓ 11:00-11:45 am

*Secret Question:*

Open Questions / Comments

